

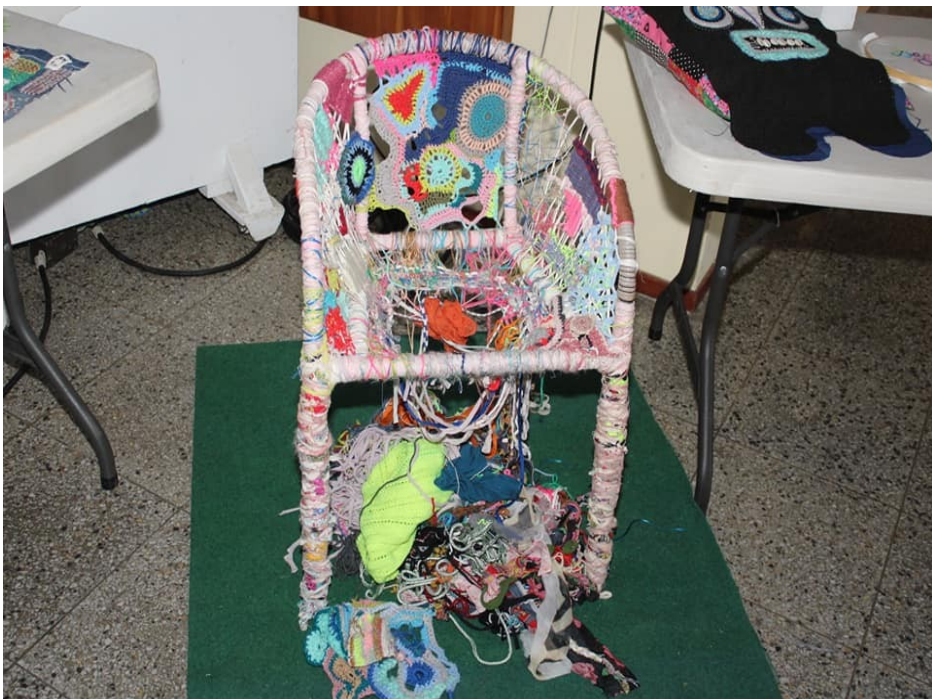
Unity In The Community

SAN NICOLAS COMMUNITY PAPER.



Aruba Maker Expo

At the National Library in Oranjestad today July, 7, 2019 took place the Aruba Maker Expo. This was an expo where students of EPI, EPB MAVO, International School, presented their innovation product. And within that gave explanation about their products. All in All, the main goal is to inspire others to make an innovation product. At the Expo, that started 11AM, youngsters and parents with their children were going of and on at the Expo. The intention is for the Expo be an annual event.



Red Cross Aruba Gives Back To San Nicolas

July 9th Meet Red Cross together with Unity in the Community Foundation, Janine Rodriguez, Teresita Center, Lucia Rasmijn and all Red Cross volunteers had a tremendous day assisting all the addicts, homeless, families in need of San Nicolas with food, clothing, showers and much more. Turn out was great and request to keep doing this on a regular basis have been heard, and are in the works.



Centro Di Bario Brazil Event Schedule.

AGENDA DI ACTIVIDAD CULTURAL: "CELEBRACION DIA DI BRAZIL"
PROYECTO DEN COOPERACION PRESENTA PA:
FUNDACION CHICO HARMS, CENTRO DI BARIO BRAZIL ARUBA Y
COMISION ELECCION DI REINA Y PARADA FOLKLORE CULTURAL ARUBA 2019

DIADOMINGO 28 DI JULI 2019.
"1^E ED. FESTIVAL: CANTICA DI CAYA".
CENTRO DI BARIO BRAZIL ARUBA.
6:30 PM TE CU 12:00 AM.

DIADOMINGO 4 AUGUSTUS 2019.
COFFIE MORGEN.
CENTRO DI BARIO BRAZIL ARUBA.
10:00 PM TE CU 12:00 PM.

DIADOMINGO 11 DI AUGUSTUS 2019.
APERTURA DI CELEBRACION DIA DI BRAZIL CU PARADA ACUSTICO.
SALIENDO DI MISA CRISTO REY PA CENTRO DI BARIO BRAZIL ARUBA.
2:00 PM TE 3:00 PM.
FIESTA TIPICO.
CENTRO DI BARIO BRAZIL ARUBA.
3:00 PM TE CU 8:00 PM.

DIASABRA 17 DI AUGUSTUS 2019.
SHOW DI ELECCION BABY, CHIKITIN, PRENDA CULTURAL.
CENTRO DI BARIO BRAZIL ARUBA.
6:00 PM TE CU 12:00 PM.

DIASABRA 24 DI AUGUSTUS 2019.
SHOW DI ELECCION DAMITA, DAMA,
GRAN DAMA, DAMA GRANDI Y
PILAR CULTURAL.
CENTRO DI BARIO BRAZIL ARUBA.
6:00 PM TE CU 12:00 PM.

DIABIERN 30 AUGUSTUS 2019.
PARADA CU LANTERNA.
RUTA: SALI DI CENTRO DI BARIO BRAZIL, PASA CAYA BERNADINA GROWELL,
TA BAY NOORD CURA CABAY,
ROOI KOOCHI DESPUES TA DRENTA MABON Y TA TERMINA NA CENTRO DI BARIO BRAZIL ARUBA.
7:00 PM TE CU 10:00 PM.

DIADOMINGO 1 SEPTEMBER 2019.
SANTO SACRIFICIO DI MISA. MISA CRISTO REY.
9:00 AM.
BARIO FEST.
10:00 PM- 2:00 PM.
CENTRO DI BARIO BRAZIL ARUBA.
Y GRANDIOSO PARADA DI BRAZIL.
RUTA: SALI DI CENTRO DI BARIO BRAZIL, PASA CAYA BERNADINA GROWELL, TA BAY NOORD
CURA CABAY, ROOI KOOCHI DESPUES TA DRENTA MABON Y TA TERMINA NA CENTRO DI BARIO
BRAZIL ARUBA.
3:00 PM TE CU 9:00 PM.

CLAUSURA DIA DI BRAZIL.
SHOW MULTI CULTURAL.
CENTRO DI BARIO BRAZIL ARUBA.
8:00 PM TE CU 11:00 PM.

FAVI Kids Got An Informational Tour Of San Nicolas

Some kids from FAVI & some friends had a fun time when they got an informative tour of San Nicolas, they visited the library, museums and much more places, showing that even with visual difficulties life is worth enjoying.



This is why the call San Nicolas Sun Rise City
The San Nicolas community woke up Thursday morning to
this beautiful reminder that we are blessed and we are The
Sun Rise City.



ATV's Doing More Damage Than Good

Turista a drenta mondi cu UTV den Parke Arikok

15 June, 2019



We have all seen them on a daily basis, ATV's driving around and going off road filled with tourist our main income source on the island, however the damage to nature is growing as our visitors are just adventuring and getting to know our island not holding into consideration what they are really doing, But WHO IS TO BLAME? Is it our tourist? Is it our ATV rental companies? Is it our government who gives out these permits? This is no time to point the finger, but to save our wild life while keeping our guest entertained. Maybe a solution is all ATV rentals have to go with a tour guide and not let the tourist venture off on their own.

A colorful promotional poster for an event called 'SPEURTOCHT' at the FMA Community Museum San Nicolas. The poster features a large, stylized 'SPEURTOCHT' logo in the center, with 'ONE HAPPY ISLAND' above it and 'CELEBRANDO NOS HISTORIA' below it. The event dates are listed as 'JULY 16, 17, 18, 23, 24, 25, 30, 31 Y AUGUST 1' and the hours are 'HOURS: 9AM-12PM'. The poster also includes a photo of children and a group of people. The background shows a building with a sign that says 'NICOLAS'. The poster is decorated with colorful diagonal stripes in yellow, orange, red, and blue.

HOW TO TALK TO YOUR DAUGHTER ABOUT HER BODY, A MUST READ!

Step one: Don't talk to your daughter about her body, except to teach her how it works.

Don't say anything if she's lost weight.
Don't say anything if she's gained weight.
If you think your daughter's body looks amazing, don't say that. Here are some things you can say instead:

"You look so healthy!" is a great one.

Or how about, "You're looking so strong."

"I can see how happy you are -- you're glowing."

Better yet, compliment her on something that has nothing to do with her body.

Don't comment on other women's bodies either. Nope. Not a single comment, not a nice one or a mean one.



Teach her about kindness towards others, but also kindness towards yourself.

Don't you dare talk about how much you hate your body in front of your daughter, or talk about your new diet. In fact, don't go on a diet in front of your daughter. Buy healthy food. Cook healthy meals. But don't say, "I'm not eating carbs right now." Your daughter should never think that carbs are evil, because shame over what you eat only leads to shame about yourself.

Encourage your daughter to run because it makes her feel less stressed. Encourage your daughter to climb mountains because there is nowhere better to explore your spirituality than the peak of the universe. Encourage your daughter to surf, or rock climb, or mountain bike because it scares her and that's a good thing sometimes.

Help your daughter love soccer or rowing or hockey because sports make her a better leader and a more confident woman. Explain that no matter how old you get, you'll never stop needing good teamwork. Never make her play a sport she isn't absolutely in love with.

Prove to your daughter that women don't need men to move their furniture.

Teach your daughter how to cook kale.

Teach your daughter how to bake chocolate cake made with six sticks of butter.

Pass on your own mum's recipe for Christmas morning coffee cake. Pass on your love of being outside.

Maybe you and your daughter both have thick thighs or wide ribcages. It's easy to hate these non-size zero body parts. Don't. Tell your daughter that with her legs she can run a marathon if she wants to, and her ribcage is nothing but a carrying case for strong lungs. She can scream and she can sing and she can lift up the world, if she wants.

Remind your daughter that the best thing she can do with her body is to use it to mobilize her beautiful soul.



5th Year Anniversary of Celebration

**AUG
3RD
2K19**

JAMAICA

57TH INDEPENDENCE

ENTERTAINMENT BY
ROOTS I RIDIM | HOT ONES BAND | MYSTICAL CONNECTION
NICHELOUS | RICHARD | DJ RUDEBOY | HEART OF LOVE
NICO CONNOR | DJ ELI | KILLACHI | GALLOWAY JR
KIDS & YOUTHS IN ACTION

FREE KIDS CORNER DINO JUMP & KIDS GIFTS
KITCHEN IS FULLY STOCK WITH
JAMAICA'S CULTURAL DISHES



@ THE PROMENADE MAIN STREET, SAN NICOLAS

TIME: 11AM UNTIL 12 MIDNIGHT



San Nicolas July 17th Is The Grand Opening Of Our Movies





San Nicolas Business Association Is Getting Ready To Launch Their Forum For Their Members.

-Stay Tuned For A Big Announcement!!!!

Meet San Nicolas Planning Something Big!



Members of the Board of Meet San Nicolas together two members of Garage Cordia, sponsor of the event. The meeting is in accordance with the preparation for the next edition of Meet San Nicolas, that will take place August 1 2019. Aruba this is something you don't want to miss.

FREE Movie Night For The Kids

PELICULA DEN AIRE LIBER

			
10 JULI 2019 11 JULI 2019	17 JULI 2019 18 JULI 2019	24 JULI 2019 25 JULI 2019	31 JULI 2019 1 AUG. 2019

DIARANSON NA BIBLIOTECA, SAN NICOLAS Y DIAHUEBS NA BIBLIOTECA, ORANJESTAD
PELICULA TA CUMINSA 7 PM Y ENTRADA TA GRATIS



San Nicolas Very Own Poet David Quant!

Forgiveness

To forgive is to heal yourself,
And put a bandage over your own
wound,

It's wiping your own tears and
give yourself a tap on the
shoulder,

It's taking responsibility for your
own peace,

It's to control the rudder of your
own thoughts,

And free yourself from your own
mental prison,

To forgive is to close a chapter,
write a conclusion,

And leaving out the details because it might bring more confusion,

To forgive is .. loving yourself,

And put self love over self righteousness,

To forgive is more beneficial to you,

Than the one that hurt you..

So forgive...

Make Sure And Pay Your Bills Before Going On Vacation

Sometimes we are so excited to go on
vacation we forget ur monthly
responsibilities, so not to get a surprise
when you come back from vacation please
settle up.



Unity In The Community Fun Bingo Night

Bingo Night!

Passed Saturday night, July 13th at Centro di Bario Lago Heights, the community of San Nicolaas came together to have some fun and try their luck at the Bingo night!

This event was organized by Unity In The Community Foundation. This foundation strives to empower communities through togetherness and education. With this in mind, the bingo night was organized as a fundraising event, in which all proceedings will be used for donations of those in need.

Unity In The Community Foundation is happy with how the event turned out and would like to extend a 'Thank You!' to all who was present and everyone who helped in one way or the other. Thank you for your smiles, positive energy and contribution. Your contribution is a valuable support to us and all those who will benefit from the proceedings of this event.

For your inquiries please be sure to contact us at (+297)740-0505 or email us at: unityinthecommunityfoundation@gmail.com



Here are the names & contact number for the pharmacies on call for any emergency



Pharmacy On Duty

July 12th - July 19th

San Nicolas

Botica San Lucas 584 5119

Oranjestad

Botica St Cruz 585 6890

San Nicolas Please Keep An Eye Out!

IMPORANTE
TA SER BUSCA



NAAM: Erick Arturo Minguel Junior SCHNEIDERS,
ROEPNAAM: "Miguel",
geboren op Aruba 29 december 1994.

 **SI BO WAK E PERSONA AKI** 
YAMA POLIS OF TIPLINE
100 of 11141

This person got away from jail!!

His Name is: Erick Arturo Minguel Junior SCHNEIDERS street name "Miguel" Born on Aruba 29th December 1994

If you see him please call# 11141

He was locked up for attempted murder so he is very dangerous.

San Nicolas Support Our Own AruPro!

Yes San Nicolas we have our own chemical plant that makes different products. A San Nicolas company that has San Nicolas employees working for them.



So when you see this logo on a product.



Buy Because it's ours, and it works



SUMMER

STUDENT SPECIAL!!!

Are you between the ages of 15 to 20?

This is your chance...

Get trained and certified in First Aid & CPR...

and be prepared to help someone!

Course Dates:
July 16 & 18
July 23 & 25
July 30 & Aug. 1

Courses Time:
4pm-7.30pm

Special Rate of AWG. 75,=
(must present student ID)



Drop by and register at our office in Pedro Gallegostraat 14, Dakota
For more information: 582-2219 or info@redcrossaruba.com